



16th Special Operations Wing

Hurlburt Field, Fla.

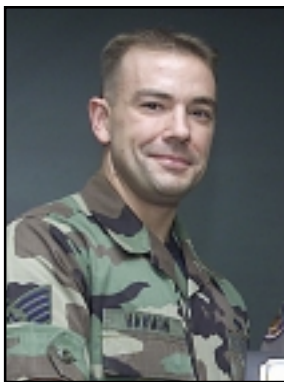
Aug. 17, 2001

Airman recognized by base, community

by Capt. Carol Kanode
Public Affairs

A Special Operations airman was honored for his heroic actions by both the community and the wing during a ceremony here Aug. 10.

Surrounded by about 80 "loggies" and others from the wing, Staff Sgt. Matthew Harmon, 16th Helicopter Generation Squadron, received the Air Force Commendation Medal in the 16th



**Staff Sgt.
Matthew Harmon**

HGS auditorium from Col. Charles Williams, 16th Logistics Group commander, for his act of courage July 16.

In addition to the Air Force presentation at the ceremony, Lt. Thomas Moore, a public information officer with the Florida Highway Patrol, presented a certificate of appreciation to Sergeant Harmon. "We were honored to be able to provide Sergeant Harmon the certificate for his lifesaving actions that day," he said. "We're all public servants – the military and law enforcement – and it's nice to see the military recognize Sergeant Harmon for his actions." The Florida Highway Patrol awards less than a dozen such certificates per year, according to Lieutenant Moore.

Among those in the audience was Sergeant

See **HARMON**, Page 7



Photo by 2nd Lt. Rosemary Heiss

(From the left) Senior Airman Janette Shelton, Air Force Special Operations Command; Senior Airman Rajheena Leonard, 4th Special Operations Squadron; Senior Airman Reginald Patterson, 39th Information Operations Squadron; Airman 1st Class Sharonda Holloway, 39th IOS; Airman Barry Lott, 16th SOS; Staff Sgt. Alfred Sheets, 39th IOS; and Senior Airman Thomas Booth, 16th Logistics Support Squadron, all members of the Hurlburt Field Airman's Council stand behind what's left of a car involved in an alcohol related traffic accident Aug. 11. They're all volunteer drivers for the council's new Airmen Against Drunk Driving campaign.

AADD offers airmen safe ride home

by 2nd Lt. Rosemary Heiss
Public Affairs

The Hurlburt Field Airman's Council begins providing safe rides home for airmen who've had too much alcohol as they kick off their Airmen Against Drunk Driving campaign today.

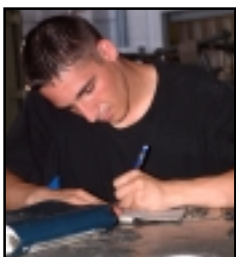
Twenty airmen basic through senior airmen have vol-

unteered to participate as drivers in the AADD campaign that was developed by a think-tank from the Hurlburt Field Airman's Council, led by Senior Airman Reginald Patterson, 39th Information Operations Squadron.

"We're not a cab service," said Airman Patterson, explaining that the drivers not only volunteer their time,

See **AADD**, Page 7

News



353rd SOG

353rd Maintenance Squadron undergoes home station check
Page 3

Feature



AST

23rd Special Tactics Squadron members prepare future Combat Controllers
Page 14

Sports



Get FITT

Special Operators prepare for new fitness standards
Page 18

VIEWPOINTS

Open Line

The Commander's Open Line is your direct line to me for questions or suggestions about subjects of concern to the Hurlburt Field community. I really appreciate your feedback.

To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the **COMMANDO**.

I'll answer the others by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you, and perhaps improve their process. However, if you're not satisfied with the answer you receive, feel free to give me a call at 884-OPEN (6736), or e-mail your concerns to commando@hurlburt.af.mil.



Troop chat

Col. Lyle Koenig, 16th Special Operations Wing commander, talks to (from the left) Airman 1st Class Mark Holland; Senior Airman Nick Brown; Airman 1st Class James Licata; and Airman 1st Class Jeff Szeman, 16th Component Repair Squadron, during the chapel's Munch and Mend, Monday from 5 to 7 p.m.

Hazardous drinking

Comment: I'd like to bring your attention to the water fountains along the jogging trail. The present open air model collects debris such as bird feathers, insects, leaves, etc., and it looks bad, if not posing a health hazard. Can we get a cover of some sort on them?

Reply: Currently there aren't any manufacturers which make outdoor water fountains with an enclosed cover. However, I'll have our fitness center staff conduct daily inspections of our drinking fountains to ensure their serviceability. Thank you for the call.

Smoke-free bowling

Comment: I was wondering why the bowling center couldn't be a smoke-free facility.

When I can't take my children's bowling that's a big concern for me - my sons don't take smoke very well due to asthma. I think the deck right outside the back door would be an opportune place for people to smoke.

If you could look into it I'd appreciate it. Thank you.

Reply: We understand your concerns for your children. However, our facilities have until December 2002 to become 100

percent smoke-free according to a recent executive order, and Hurlburt Lanes is currently phasing in this policy. Right now our snack bar is smoke-free. Additionally, Saturdays from opening until 6 p.m. and every Sunday from opening until closing are smoke-free bowling times except when there's an adult tournament scheduled. We also don't allow smoking during scheduled youth events.

We've installed large smoke eaters to help eliminate smoke when smoking is allowed. We want your patronage and hopefully your children will be able to bowl during the scheduled no-smoking times.

Make NCO journey adventure of lifetime

by Chief Master Sgt. Bob Martens
AFSOC command chief master sergeant

(Editor's note: The following is adapted from a speech given by Chief Martens to the graduating class of Airman Leadership School, Tuesday.)

Airmen, let the journey begin! You'll find the road on the journey is paved with the wisdom of true airmanship. It's not an easy path. The surface has bumps and potholes, twists and turns, and even a few speed traps along the way. The path doesn't wind through the same world you left when you became a senior airman.

That world and that journey are gone, and you can't travel down that road again. Along the way in your new journey, don't expect the travels to be filled with simple tasks.

There'll be training manuals to fill your nights and weekends, and all that free time in between. There'll be skill levels to conquer, tests to master and promotion boards serving as checkpoints along the way.

Don't fear though. You won't be



"Don't stop daring. Go further. Be more. Be better than those who walked the path before you."

— Chief Master Sgt. Bob Martens
AFSOC command chief master sergeant

alone. Others will be standing by, watching. There will be younger airman on the sidelines, wondering if you have the right answers.

They'll look to you for direction on their path, the same road you once journeyed. They'll look and wonder if you're a leader on this path, or a follower? Then there'll be those old, crusty NCOs watching where you step and how you get to the next mile marker. Are you worthy of making the journey? Are you worthy of traveling down our road?

Not everyone along the pathway will be watchers. There'll be those who are there to help, to guide you on the journey.

Some will be mentors who'll offer a helping hand over the potholes or point you down the path when the direction isn't clear.

What's this path? And where does the journey lead? This is the path of an NCO — the path toward personal and professional development.

See **CHIEF**, Page 6



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For the record:

In the Aug. 10 edition of the **COMMANDO**, 40-hour course prepares base for spill recovery, the man in the bottom left photo was incorrectly identified. The airman in the photo is Staff Sgt. John Andrews, 16th Civil Engineer Squadron.

News

USAFSOS lecturer earns educator of year

by **2nd Lt. Gabe Johnson**
AFSOC Public Affairs

A U.S. Air Force Special Operations School lecturer is the schoolhouse's Educator of the Year for 2000.

Dr. Wray Johnson, a retired Air Force colonel, earned the award for his contributions to the school's curriculum.

Doctor Johnson periodically lectures at the USAFSOS on insurgency, foreign internal defense, psychological operations, security assistance issues, as well as Arab and Asian cultures. He's currently a professor at the Marine Corps University, Quantico, Va.

According to the school's commandant, Doctor Johnson is the highest student-rated lecturer at the USAFSOS, and offers his fellow instructors guidance on their academic writing endeavors and lecture delivery.

"Doctor Johnson's service and sacrifice on behalf of Special Operations education are apparent in the high-quality curriculum he delivers," said Col. James Oeser.

"His character, dedication and knowledge have helped shape this institution and improve the quality of the education we provide."

The doctor's involvement at the schoolhouse began more than a decade ago, when he served as the course director for the Cross Cultural Communications Course. During the past year, Doctor Johnson supported eight USAFSOS courses, including two off-station courses at Harrisburg, Pa., and Kadena Air Base, Japan.

He's supported the school's Joint Psychological Operations Course and the Small Wars and Insurgencies Course.

While on active duty, Doctor Johnson

served in Air Force Special Operations Command and was instrumental in the development of the 6th Special Operations Squadron.

The 6th SOS, located here, is the first U.S. Air Force squadron dedicated to the foreign internal defense mission.

Doctor Johnson has also published numerous academic articles on low-intensity conflict, the impact of culture in warfare, and the use of air power in support of foreign internal defense.

The USAFSOS provides Special Operations-related education to members of the five services, government agencies and allied nations.

Subjects of the 15 courses offered range from regional affairs and cross-cultural communications to anti-terrorism awareness, revolutionary warfare, Special Operations planning and psychological operations.

Wizards work magic on Combat Talon II

by **Master Sgt. Michael Farris**
353rd Special Operations Group
Public Affairs

KADENAAIR BASE, Japan—The Wizards of the 353rd Maintenance Squadron recently told their patient to strip down, open wide and say, "ahhhh."

With tools, tech manuals and monitors, a team of wrench-bending troubleshooters swarmed over a 13-year-old MC-130H Combat Talon II, to probe, test, analyze, check and assess over a weeklong inspection referred to as the home station check.



Photos by Master Sgt. Michael Farris

Staff Sgt. Aaron Piegrass, an electro-environmental technician, works on the main landing gear struts.

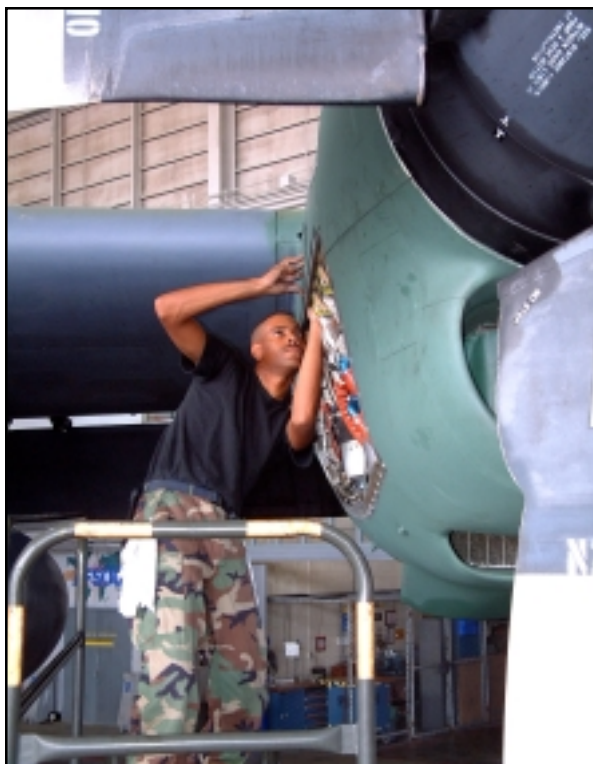
Tech. Sgt. Darren Marshall, assistant NCO in charge of the crew chief section, said home station checks are done annually, six months after the isochronical inspections. The iso is the most comprehensive assessment of the planes that can be done in the Pacific theater.

A hydraulic systems craftsman, Staff Sgt. Keith Thrash said the home station check includes inspections of the engines, hydraulics, avionics and almost every aspect of the plane.

"We look for missing, loose or leaking components," he said. "We're concerned with the overall serviceability of the plane."

According to Sergeant Marshall, the home station check is also a time to fix delayed discrepancies that can't be fixed on a daily basis. It's when upgrades or modifications ordered by higher headquarters are implemented and it's a time that also provides training opportunities because the plane is typically in the hangar for a week.

One of those occasions allowed crew chiefs and electronic counter measure technicians to train on various aspects of chaff and flare loading procedures.



Staff Sgt. Keith Thrash, a hydraulic systems craftsman, changes a hydraulic hose on the forward hydraulic pump. He said the job would take about an hour and was part of the home station check performed on Tail Number 192.

"We pretty much have to look over the entire plane," said Airman 1st Class David Cabler, a crew chief. "It's stuff we routinely don't look at every day. These inspections also give us a chance to learn more about how the airplane's systems operate." (NFNS)

Spotlight on ...



Master Sgt. Willie Wylie

Name: Willie Wylie

Rank/Duty Title: Master sergeant/NCO in charge, network control center

Organization: 16th Communications Squadron

Hometown: Charlotte, N.C.

Hobbies: Reading

Contribution to the mission: Sergeant Wylie supervises 21 enlisted people and three civilians and is responsible for Hurlburt Field's base network operations. The base network, valued at more than \$20 million, supports every functional community and office here. The network provides e-mail and Internet access for almost 8,000 network users.

The tremendous responsibility for managing the base network results in long hours and many no-notice suspenses requiring immediate action of someone with a high degree of competency.

Sergeant Wylie's expertise and experience are the cornerstone for success within the base network operations, which has resulted in the highly effective support provided to base functions and wing wartime readiness day to day, according to his supervisor.

(Editor's note: The *COMMANDO* highlights airmen, junior NCOs, company grade officers, Department of Defense civilians and volunteers on base who do a great job. All supervisors are encouraged to use this recognition program. Call the 16th Special Operations Wing Public Affairs Office at 884-7464 for more information.)

AIR FORCE NEWS

Air Force joins strike on Iraqi sites

WASHINGTON—Air Force F-16 Fighting Falcons were among some 20 Operation Southern Watch Coalition aircraft used in a strike against military communication, radar and missile sites in southern Iraq, Aug. 10.

The strike, called "routine" by officials from U.S. Central Command, targeted a number of Iraqi sites, including communication facilities near An Numaniyah, about 70 miles southeast of Baghdad, and against a mobile early warning radar system and surface-to-air missile site near An Nasiriyah, about 170 miles southeast of Baghdad, said Army Lt. Col. Steve Campbell, spokesperson for the Department of Defense. Target battle damage assessment is still ongoing.

The strikes were said to be in response to recent hostile acts by Iraq against Coalition aircraft monitoring the no-fly zones in the region. Joining the F-16s in this strike were Navy F/A-18 Hornets and F-14A Tomcats, along with Royal Air Force FR-4 aircraft. All aircraft returned safely from Iraqi airspace to their forward-deployed units, officials said.

"We conduct the strikes to protect U.S. and coalition pilots and aircraft monitoring the no-fly zones," said Army Col. Rick Thomas, CENTCOM spokesperson at MacDill Air Force Base, Fla.

A Pentagon spokesperson noted that coalition aircraft on Operation Northern Watch patrol were attacked today by Iraqi anti-aircraft artillery and surface-to-air missiles, but didn't respond. A previous coalition strike in the southern no-fly zone was made July 17 against an Iraqi anti-aircraft artillery site, the CENTCOM release said.

Pentagon officials said the Iraqis fired a surface-to-air missile at a Navy reconnaissance plane inside Kuwaiti airspace July 19, and another missile that almost hit a U-2 Dragon Lady surveillance plane flying over southern Iraq July 24.

From December 1998 to date, more than 1,000 separate incidents have occurred of Iraqis firing missiles and anti-aircraft artillery at coalition aircraft, CENTCOM officials said. More than 375 of the incidents have occurred in 2001. In addition, Iraqi aircraft have violated the southern no-fly zone more than 160 times. (AFPN)

Guard releases C-23 crash findings

ST. AUGUSTINE, Fla. — Maj. Gen. Ronald Harrison, adjutant general for Florida, presented the final report on the collateral investigation board and his recommendations concerning the March 3 crash of a C-23B Sherpa that killed 21 Guardsmen.

The findings were briefed to the families of the three Florida Army National Guard crewmembers and 18 Virginia Air National Guard passengers who perished in the crash. Included was General Harrison's memorandum for record indicating his nonconcurrence as the board's convening authority, with the CIB's findings.

General Harrison's memo stated, "The collateral investigation board conducted their investigation in accordance with (Army Regulation) 15-6 and the guidance I gave them. However, I don't concur with their findings because I believe the board was unsuccessful in recognizing the causal factor and all of the contributing factors that may have led to this tragedy."

He recently briefed the board's findings and recommendations and his findings and recommendations as convening authority to the Army and Air Force chiefs of staff and to the chief of the National Guard Bureau.

Army Chief of Staff, Gen. Eric Shinseki, and Chief of the National Guard Bureau, Lt. Gen. R. C. Davis, issued a joint statement: "It is unusual but not unprecedented for a convening authority to disagree with a board's findings. In this situation, a diligent, professional, careful examination of the available evidence yielded different findings and subsequent recommendations. The Army, both active and Reserve forces, will examine every recommendation and take the appropriate action. We continue to grieve with the families who lost loved ones in this horrific tragedy."



Courtesy photo

A C-23B Sherpa similar to this one crashed March 3 killing 21 Guardsman.

The purpose of the board, and of this investigation process, is to study in detail the events leading up to the accident, to identify all elements that may have been contributing factors, and finally, to determine to the extent possible, the cause. As convening authority, it was General Harrison's obligation to review the findings and consider the evidence presented. In his conclusion, the general said the primary cause of the accident was an extreme incidence of turbulence and wind shear associated with a developing severe thunderstorm at the location and altitude of the aircraft. Additional contributing factors included crew error in the flight planning of route selection, an intermittent and weak weather radar and possible aft center of gravity of cargo.

These factors in combination led to a series of events that placed the aircraft in the exact position and time to be struck by turbulence and wind shear of a magnitude that causes chaos in the cockpit and structural damage to the aircraft.

Based upon all the information available, it appears likely that the weather radar installed in the aircraft was underpowered and

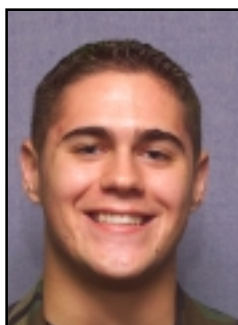
thus didn't give the crew fully accurate weather information. This may have resulted in the crew flying the aircraft closer to a line of thunderstorms than they otherwise would have.

When the aircraft penetrated an area of turbulence and wind shear associated with the developing severe thunderstorm, the aircraft departed controlled flight. At that point, the rapid onset of significant G-force shifts rendered the crew and passengers incapacitated and unconscious and caused the break up of the aircraft in flight.

This ultimately resulted in the aircraft impacting the ground, killing all aboard.

"This tragedy has affected Guard members and their families in Virginia and Florida, as well as people in communities across the country. We recognize and share the sadness felt by these families," General Harrison said. "I want you to know that you're in our prayers and in our hearts everyday. We won't forget those who've made the ultimate sacrifice while performing their duty to ensure our security and our freedom." (AFPN)

Look who's talking: What was the first concert you ever attended? What do you remember about it?



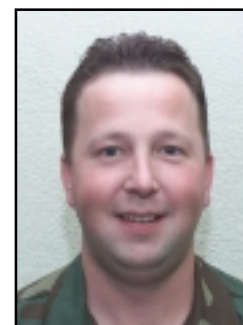
"Dave Matthews in Camden, N.J. It was an exhilarating experience."

Airman Michael Silvoy,
16th Communications Squadron



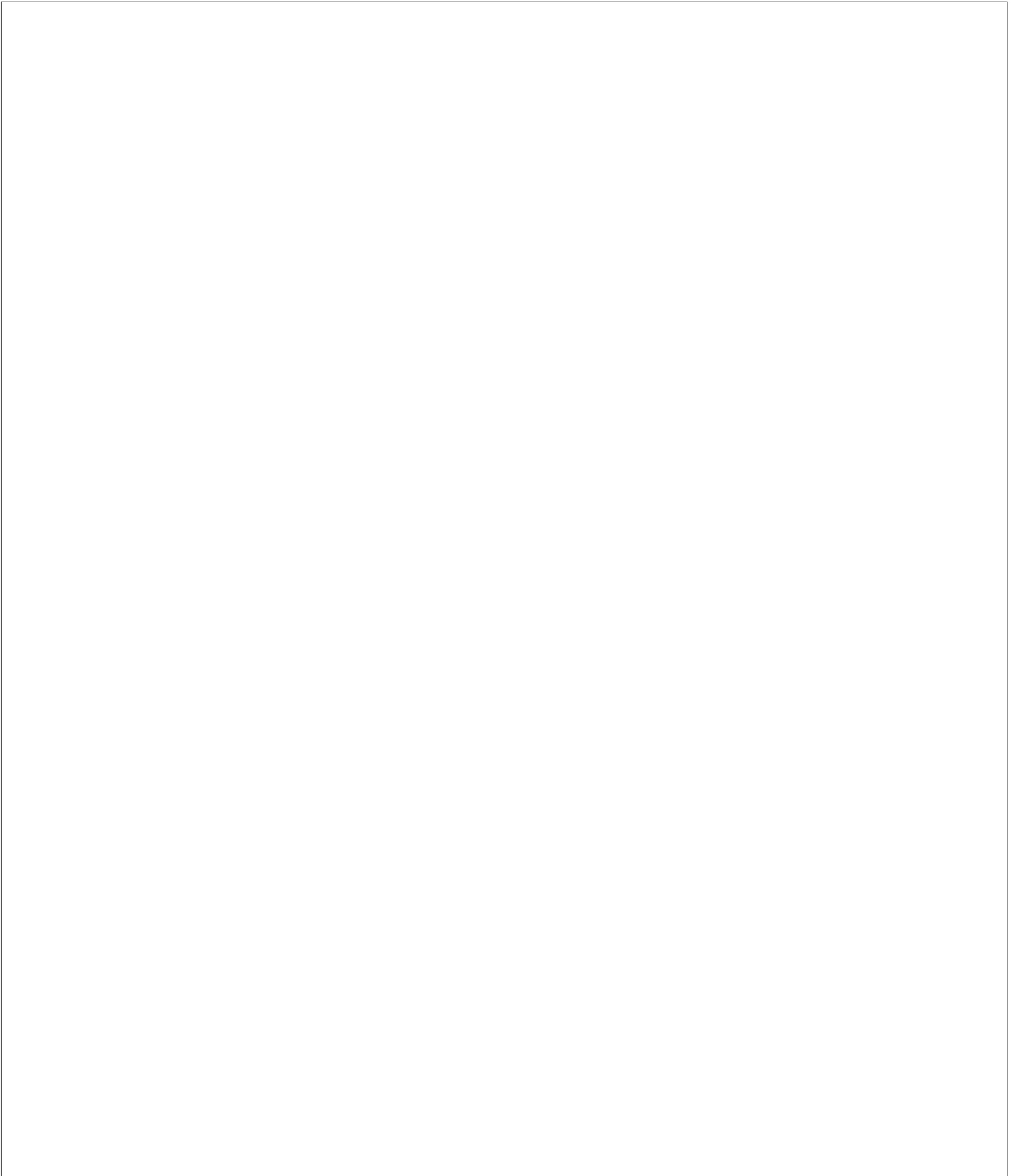
"Styx. I don't remember much about it but a lot of noise, smoke and drinking."

Lt. Col. Brian McNabb,
Air Force Special Operations Command



"My first concert was Alice Cooper. It was the first time I'd driven my car."

Staff Sgt. Matthew Kent,
16th Security Forces Squadron



CHIEF
Continued from Page 2

Though you'll have supporters and nay sayers along the way, you must make this journey on your own.

Every step is your choice. Every crossroad must be faced, and only you can make the decision on which route to take. No one can do it for you.

We'll be there, cheering you on. We'll put our faith in you and faith in all you've learned and all you've heard. Those bits of knowledge will join together as a guiding light by which you can steer.

The path is set, but the route you take is not necessarily the same as the person before you, nor is the road you travel the same one the person next to you may tread.

As you begin this journey of personal and professional development, I offer to you – tomorrow's leaders – this advice: don't stop learning, don't stop growing, and don't stop being.

Don't stop daring. Go further. Be more. Be better than those who walked the path before you.

Driving down the road last week, I saw a sign on a church marquee that

got my attention: "You can't control the wind, but you can control the sails."

I thought about it a few minutes and realized it wasn't quite a complete sign of encouragement.

It should have finished the thought with an important reminder. "Build your sails strong and true, and they will see you through any voyage."

Build your sails. Find those things that make the journey worth the trip. Find those things that make your sails strong and true. Build your sails with books. Read everything you can get your hands on. Read about the Air Force, read about your command, read about our great leaders.

Don't just scan the words, study the meaning, absorb the information and understand what those before you have

accomplished. The Air Force chief of staff and the chief master sergeant of the Air Force both have a recom-

The following members of the Hurlburt Field community were recognized as top graduates in Airman Leadership School Class 01-Foxtrot:

Senior Airman **Phillip State**, 25th Information Operations Squadron, John Levitow and Academic Achievement Awards.

Senior Airman **Jack Fanning**, 23rd Special Tactics Squadron, distinguished graduate and Leadership Awards.

Senior Airman **Aaron Brown**, 20th Special Operations Squadron, distinguished graduate.

Senior Airman **Jeremy Gibson**, 16th Civil Engineer Squadron, distinguished graduate.

mended reading list of books that can enhance our understanding of the Air Force.

Get that list and read those books.

Build your sails with military pride. Get involved in organizations that foster that esprit de corps and camaraderie. Whether it's your squadron booster club or an intramural sports program, find the passion in being a proud member of our Air Force.

Whether you join the Sergeant's Association or the NCO Association, the Air Commando Association or the

airman's council, be involved.

Build your sails with job knowledge. Join a private organization of military and civilian professionals from your

career field.

Seek out those who've been there and done that. Ask them to teach you more. Nearly every career field has an organization that fosters education and growth of its members. Find it and welcome the knowledge. Build your sails by experiencing life. Don't be content with the world called work or home. Get out and live with the community around you. Get involved in your church, a youth group, a worthy cause. Be more than a uniform – join the American experience.

You're not just passing through this town; you're a neighbor and a friend.

Build your sails with information. Don't stop asking questions and never think you've learned all there is to know. Take a college course, get your Community College of the Air Force degree. Expand the horizons of your information base and explore those areas you have yet to learn.

It's a mighty serious challenge that awaits those who walk the path of personal and professional development. It won't be an overnight journey, where changes happen instantly.

But, if you build your sails strong and true you will find the journey is worth the taking and the voyage is an adventure of a lifetime.

HARMON

Continued from Page 1

Harmon's boss, Maj. James McKenzie, 16th HGS commander. "Sergeant Harmon's life saving contribution made him an instant hero in the 16th HGS, 16th SOW and most certainly in the local community."

While westbound on U.S. Highway 98 near Navarre, Sergeant Harmon witnessed a van, about 100 yards ahead of him, lose control and flip several times before coming to a stop. Immediately, Sergeant Harmon ran to the driver's side of the vehicle to render assistance. He aided the driver and began treating her for shock. He discovered another person in the back of the van. The van door was inoperable, so Sergeant Harmon dove in through the shattered passenger window, where he found himself face-to-face with Casey Shields, who was bleeding profusely from a six-inch gash on the side of his neck. Remembering basic Air Force first-aid training, he clamped his hand down on the victims exposed arteries and slowed the bleeding while calling out for addition help. He calmed Mr. Shields enough to lower and maintain his heart rate, accord-

ing to the citation. When paramedics arrived, Sergeant Harmon briefed them on the situation while maintaining pressure on the wound. An emergency crew forced open the cargo van's back doors, and Mr. Shields was transported to a life-flight helicopter where paramedics took over. Sergeant Harmon visited Mr. Shields in the hospital as he recovered from his three-pint blood loss.

The secretary of the Air Force established the Air Force Commendation Medal, March 28, 1958. It may be awarded to any member of the U.S. armed forces who distinguished himself by either outstanding achievement or meritorious service.

Sergeant Harmon currently lives in Pensacola and is pursuing a degree from the University of West Florida. He resigned from active duty to attend college full-time as part of a professional officer's early release program. Upon graduation, he'll be commissioned as an Air Force second lieutenant.

"He was an invaluable member of my squadron and a perfect choice to lead tomorrow's Air Force in the officer corps," said Major McKenzie. "He's a shining example that self-confidence and training pays off."

AADD

Continued from Page 1

but they aren't reimbursed for gas or mileage on their personal vehicles either. "We just want to make sure that airmen from Destin to Pensacola have a safe ride home if they've been drinking."

The free ride, from 10 p.m. Fridays to 4 p.m. Sundays, will be available without reprisal to anyone who calls, he said.

"If you know you shouldn't be driving, call us," he said. "We won't ask questions. We'll just give you a safe ride home."

The purpose of the campaign is to reduce the number of alcohol related traffic accidents involving base airmen.

The airman's council saw a way to make an impact and started working toward developing the program, according to Airman Patterson.

"We have too many people going out and making bad choices," he said. "Rather than having people decide whether they're too drunk to drive, we're here to step in before they potentially ruin their careers."

When a person calls for a ride,

the dispatcher will ask where the pickup location is and tell the person when a driver will pick him up, Airman Patterson said. Then, an airman will be dispatched. When the driver arrives, he'll check for the person's military identification card, and then drive him home.

Currently, three drivers will be on duty every weekend, but they'll expand the program as necessary, Airman Patterson said.

To kick off the campaign, volunteers handed out flyers at the gates this morning and plan to post flyers in the dormitories and other highly populated areas.

"These are airmen who're volunteering their time, money and energy to make sure everyone on base can be safe," said Chief Master Sgt. Eddie Alicea, 16th Special Operations Wing command chief master sergeant and council advisor. "I can't think of anything that better represents what the Air Force and Special Operations are all about."

The number to call for a safe ride is 582-2113. Anyone interested in volunteering as a driver can e-mail Airman Patterson or call 884-3473.



Proper saluting still important after basic training



Photo by Mark Kulaw/Northwest Florida Daily News

by **Capt. Carol Kanode**
Public Affairs

All military members at one point in their careers have been exposed to the proper way to salute and the correct time to render one. However, people seem to forget, so for those who haven't participated in a base ceremony recently, you may need saluting 101.

Throughout the summer, Hurlburt Field hosted dozens of change of command ceremonies. Preparation for these official functions can be a time when questions about customs and courtesies arise. For example, some ceremonies held in hangars are considered outdoors and some are indoor events. When should you wear your cover? Or, when the honor guard carrying the U.S. flag passes an audience sitting in bleachers, should a salute be rendered? Customs and courtesy etiquette can be tricky, but these hints from

Jeannie Krzan, 16th Special Operations Wing protocol chief, should help.

Saluting

○ When outdoors in uniform and an unfurled U.S. flag passes by, stand at attention, salute six paces before the flag is even with you and hold your salute until the flag has passed six paces.

○ While troops in formation will salute when ordered, military audience members must wait to salute until the first note of the National Anthem plays.

Hangar ceremony

○ Listen to the master of ceremonies or read the program to see if the hangar ceremony is considered outdoors or indoors. If deemed outdoors, wear your hat.

○ When the National Anthem is played indoors, military members in uniform or civilian clothes should face the flag and stand at attention. Do not salute unless under arms. Civilians may place their right hand over their hearts.

Reveille, Retreat and National Anthem

○ When outdoors and in uniform, face the flag, if visible, or face the music. Stand at attention and salute on the first note of the music. Drop your salute after the last note is played, or when the flag has been fully raised or lowered, depending on the ceremony. If in a vehicle during Reveille or Retreat, pull the car to the side of the road and stop. All occupants sit at attention until the last note of the music has played. Military members can stand beside the vehicle and salute, and civilians can stand and place their right hands over their hearts.

Air Force Song

○ Stand at the position of attention from the first to last note of the music. Do not salute. Give the same courtesy to the Army, Navy and Marine Corps songs.

So now that the proper times to salute have been reiterated, everyone should be ready for their next official function and be able to present those salutes with pride.

Nothing is more embedded in the military culture than saluting. All services teach it in basic officer and enlisted training programs and it's reinforced throughout the member's career. For more information on customs and courtesies, consult Air Force Manual 36-2203, *Drill and Ceremonies*.

Meet the new commander



Lt. Col. Ken Coons

Name/Rank: Ken Coons/
Lieutenant colonel

Organization: 19th Special Operations Squadron

Hometown: Montgomery, Ala.

Off-duty time is for: Sports, hunting and fishing

Previous Assignment: 19th SOS operations officer

Organizational Goals: Enhance the 19th SOS's dominance as the Department of Defense's premier joint mission rehearsal and preparation organization and provide the highest quality combat-ready crewmembers possible to the 16th Special Operations Wing.

Work Philosophy: Lead by example; do what's right; focus on the mission, and take care of your people.

DOD tightens blood donor safety criteria

WASHINGTON — To reduce further the risk of spreading "mad-cow disease" by way of blood transfusions, the Department of Defense is tightening its restrictions on blood donations by people who've lived in Europe for extended periods during the past two decades.

The stringent rules will cut the active-duty donor pool by 18 percent and civilian donors by about 5 percent.

However, DOD can continue collecting the 105,000 units of blood that it needs annually by stepping up recruitment of donors to replace the 18 percent loss, according to officials in the Armed Services Blood Program Office.

This can only be done by increasing command support, hiring some additional blood-collection people, integrating DOD and service blood assets, and optimizing collection sites by putting them at large installations and training bases, the program official added.

The new donor restrictions, called deferral criteria, will be implemented by mid September.

They're in line with tightened U.S. Food and Drug Administration guidelines, said Lt. Cmdr. Rebecca Sparks, deputy director of the Armed Services Blood Program Office.

Under the new rules, DOD-members— whether active-duty military, civil-service employees or family members — will be barred from donating blood if they meet any of the following criteria:

○ If, at any time from 1980

through the end of 1996, they traveled or resided in the United Kingdom for three months or more; or if, at any time from 1980 to the present, they received a blood transfusion in the U.K.

○ If, at any time from 1980 through the end of 1996, they traveled or resided anywhere in Europe for six months or more.

○ If, at any time from January 1, 1997, to present, they traveled or resided anywhere in Europe for a five years or more.

The FDA criteria distinguish between Europe north of the Alps and south of it, applying the more stringent six-month rule only to the 1980-1990 period in northern Europe.

Convinced that many DOD people might have trouble remembering temporary-duty and travel days in various countries, DOD opted to apply the six-month rule to the whole 1980-1996 period in all parts of Europe, Commander Sparks explained.

Both the FDA and DOD rules are less stringent than guidelines announced by the American Red Cross, which bar all donations from any person who has been in Europe for more than six months from 1980 to present.

The estimated difference in risk reduction between the two sets of criteria is very small.

The FDA calculates that the new FDA criteria cut the risk of "mad-cow disease" by 91 percent. The Red Cross approach would improve the risks by 92 percent. (ANS)

Air Force tests athletic-cut men's uniforms

WASHINGTON – Seeing a significant increase in tailoring costs, and based on feedback from the field, the Air Force is currently testing athletic-cut uniforms for men.

“In the past few years, we had noticed a 142 percent increase in tailoring costs at basic training to accommodate men with athletic-type builds,” said Master Sgt. Ruth Nischwitz, chief of the Air Force uniform board office. “We also were getting questions and comments about the uniform fit from athletic-built second-term and career airmen.”

The test started in July and is projected to end in March.

Participants are testing the service jacket and trousers, Sergeant Nischwitz said. There are also plans to include men's shirts in the test program.

For the test phase, uniform designers enlarged the upper torso, chest, neck and biceps and decreased the waist for the service jackets. Additionally, the thighs and seat areas were increased on the trousers, while the waists were made smaller, Sergeant Nischwitz said.

According to program managers at the Air Force Clothing Office at Wright-Patterson Air Force Base, Ohio, participants will evaluate the garments' appearance, comfort, fit and suitability.

During this phase, participants will focus on wearing and maintaining these uniforms. Data gathered from the test will be used to confirm the suitability of the new sizes, validate size prediction charts and update procurement documents, said program managers Yvonne Wilson and Debra Klensch.

Although the current test applies only to the men's uniform, the clothing office may possibly expand the test to include the women's uniform.

Based on the participants' feedback and suggestions, the items would eventually be placed in clothing sales stores for purchase, Sergeant Nischwitz said.

“I've always believed a team evolves into what you equip and envision them to be,” he said. “If you want a fit force, arm them with uniforms that fit that image.”

(AFPN)

Meet the new commander



Maj. James McKenzie

Name/Rank: James McKenzie/
Major
Organization: 16th Helicopter
Generation Squadron
Hometown: Culpeper, Va.
Off-duty time is for: Relaxing
and spending time with wife, fam-
ily and friends

Previous Assignment: Cha-
nute Air Force Base, Ill.
Organizational Goals: Main-
tain the most combat-effective and
professional maintenance squad-
ron in the Air Force. Foster team-
work and encourage creativity and
innovation to allow the squadron,
as a team, to attain new levels of
success and reach new milestones
in an ongoing organizational evo-
lution.
Work Philosophy: “We can’t
speak too much of professionalism
and leadership in today’s Air Force.
I believe in working hard as pro-
fessionals, providing necessary,
real leadership and guidance at all
levels of an organization and tak-
ing full advantage of off-duty time
to ‘recharge’ our thought pro-
cesses and channel our energies.
That’s a long way of saying, ‘Work
hard. Play hard,’ (professionally)!”

352nd grabs Lew Allen Trophy at MAJCOM level

by Master Sgt.
Chuck Roberts
352nd Special Operations
Group Public Affairs

RAF MILDENHALL, England
– Only one officer and one NCO
could be selected by Air Force Spe-
cial Operations Command to re-
ceive the 2001 General Lew Allen
Jr., Trophy Award.
Both winners – Capt. Mark
O’Reilly and Senior Master Sgt.
Ronald Carlson came from the
352nd Maintenance Squadron,
here. They’ll now represent AFSOC
at Air Force-level competition.
The award is sponsored by the
Air Force chief of staff and pre-
sented to base-level officers and
NCOs to recognize outstanding
performance involved in aircraft
sortie generation.
Sergeant Carlson, chief of sor-
tie generation for the MH-53M
Pave Low IV helicopter, made sor-
tie history last year. During the last
quarter of fiscal 2000, he and his
team of maintainers broke AFSOC
records by generating 537 sorties
for 1,064 flying hours while main-
taining a 90-percent mission-ca-
pable rate. Such totals helped the
squadron win the AFSOC 2000
Maintenance Effectiveness Award.
Sergeant Carlson also helped pro-
duce another record first last year
by crafting a weight-reduction plan
enabling an MH-53M to fly 17 con-

tinuous hours – the longest non-
stop flight in the history of the 21st
Special Operations Squadron that
flies the Pave Low.
Away from the job, the sergeant
recorded equally impressive
achievements in the classroom. He
was named both distinguished
graduate and top academic
achiever among 365 students at the
Senior NCO Academy.
Captain O’Reilly leads the
352nd Special Operations Group’s
largest and most diversified main-
tenance flight composed of 135
maintainers who helped execute
4,432 MC-130 flying hours and
2,665 MH-53 flying hours.
Those sorties included putting
together a short-notice support
plan for the MH-53s tasked to sup-
port the president during the Good
Friday peace initiative in Northern
Ireland.
The captain’s leadership was
credited with ensuring flawless
movement of the Secret Service,
media and other government offi-
cials.
The captain also was credited
with overhauling the flight’s de-
ployment process to reduce the im-
pact of the high ops tempo. Cap-
tain O’Reilly’s creation of three-
month rotating deployment teams
helped stabilize long-range plans,
improve personal lives, and in-
crease productivity by 20 percent.
(NFNS)

Civilian rating system pin points performance, standards

by **Staff Sgt. André Nicholson**
Public Affairs

Each year an evaluation is conducted on all civilian Department of Defense employees.

The evaluation, called the civilian appraisal system, is an annual rating system that shows an employee his performance and the standards used to rate that performance.

Mr. Eli Andrews Jr., a personnel management specialist with the 16th Mission Support Squadron's Civilian Personnel Office, said civilians receive an appraisal once a year, but are given performance feedbacks every quarter.

A feedback session is the opportunity for a supervisor to pin point strengths and weaknesses and to stress areas that may need improvement, according to Mr. Andrews.

This is the perfect opportunity for both the supervisor and the employee to get a clear understanding of how the employee is performing and if that performance meets, exceeds or falls below the standards.

Unlike the enlisted Air Force's rating system, which uses a numbering system, the civilian appraisal system is a lettering system. It ranges from unacceptable to superior performance.

Unacceptable means the employee doesn't meet the requirements of one or more critical elements of the performance plan. Superior means the employee ex-

ceeds all of the elements of the performance plan, according to Air Force Form 860A, *Civilian Performance and Promotion Appraisal Performance Rating*.

The supervisor writes the appraisal as the rating official, but it must go through a second level reviewing official who is usually the next person in the rating chain. Sometime that can be the same person. The reviewing official has the ability to overturn the rating if he thinks there is justification, Mr. Andrews said.

One instance in which a rating may be overturned is when the supervisor is new and possibly not familiar with the job standards.

However, in order for employees to get appraisals overturned, they must have proof that he did meet or exceed the standards. In order for the rating official to justify a rating he must have proof that the employee didn't meet the standards.

Mr. Andrews explained, employees aren't allowed to see appraisals before they're reported to the civilian personnel office, but from the quarterly feedbacks, they should know or at least have an idea of how they'll be rated.

Appraisal packages also go through a quality control review committee to ensure everything is correct before employees can see them.

Mr. Andrews said, the current civilian appraisal system soon may be getting revised with a simpler, pass or fail system. No date for the new system has been determined.



Photo by 2nd Lt. Rosemary Heiss

Rhonda Gritsavage, administrative assistant to Col. Raymond Killgore, 16th Special Operations Wing vice commander, checks his electronic appointment calendar.

FEATURE

Commandos train future Commandos

by 2nd Lt. Gabe Johnson
AFSOC Public Affairs

Standing at attention wearing dive equipment, the Combat Controllers in class 01-02 of the Advanced Skills Training program sound off signaling they're ready for the dive supervisor's inspection.

Surviving the first phase of the program, four trainees are one step closer to becoming combat-ready and earning a spot on an elite Air Force Special Tactics team.

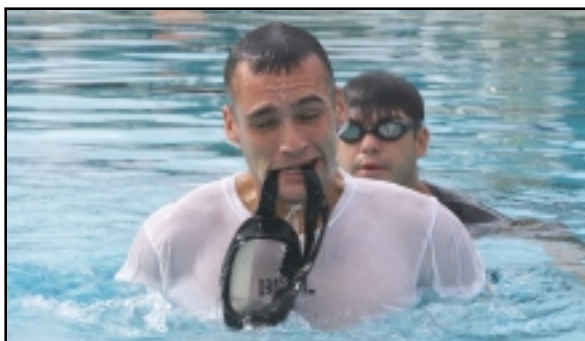
The "warrior-training-warrior" and mentoring philosophy recently adopted by the Advanced Skills Training Flight is the key to the success of the trainees as they make their way through the new Combat Control training pipeline.

The pre-scuba phase of the program run by the 23rd Special Tactics Squadron prepares Combat Controllers for the Army Combat Diver Qualification Course in Key West, Fla.

The second class of the program has four trainees working their way through to earn the scarlet beret. Taking part in the class are 1st Lt. Robert Boll, 2nd Lt. Eric Lewantowicz, Staff Sgt. Daniel Rimes and Airman 1st Class Zachary Wegehoft.

The four trainees usually begin at 5 a.m. with two hours of physical training, after which they hustle to the pool for what some say is the toughest training found in the U.S. military. In the pool, out of the pool, they put on equipment and they take it off. Flutter kicks while being sprayed with cold water from the instructor's hose, push-ups by the side of the pool and lunges along the deck are all part of the morning's activities.

Between deck exercises, they're in the pool building confidence in the water. Two trainees, sharing a snorkel



Photos by Staff Sgt. Diane Thomas

First Lieutenant Robert Boll retrieves his mask from the pool bottom while being watched by AST instructor Tech. Sgt. Dan Cleek.

for a buddy breathing exercise, struggle for air as the instructor splashes water into the snorkel, fills their dive masks with water and then pushes them to the bottom of the pool.

After being harassed for half the morning, the trainees hands and feet are tied together. Jumping into the pool and sinking to the bottom, they kick to the surface for a gasp of air before sinking again.

To build strength and endurance, the trainees take turns holding a 10-pound rubber block over their heads while treading water. Phase one of AST is designed to be more strenuous than Army Combat Divers School, according to Capt. Chris Larkin, AST flight commander. By the time the trainees go to Key West, they can handle anything the Army throws at them. "This training is more mentally and physically challenging than I had expected," said Airman Wegehoft. "But now I feel more confident about going to Army Combat Divers School."

Fledgling Combat Controllers, such as Airman

Wegehoft, are assigned to Hurlburt Field after eight months of training at various schools. Before beginning AST, each trainee will have completed Air Traffic Control School, Combat Control School, Army Airborne School and Air Force Basic Survival School.

"Under the old training pipeline, a trainee would miss out on the specialized guidance of Special Operators," said Captain Larkin. "Here, we teach them from experience and increase their chances for success. In the end, we produce a better quality Combat Controller because trainees get the mentoring necessary for transformation into Special Operators."

"We teach them more about the mission and we integrate them with Pararescuemen," said Tech. Sgt. Greg Hericks, AST instructor. "So far it's working out very well." Four phases are included in the 12-month AST program: water, employment, ground and special tactics certification. Each phase is three months long and combines training at Hurlburt Field with training in Key West; Fort Bragg, N.C.; and Yuma, Ariz.

The first class of AST trainees, which began training here in April, is proving that the program works. All five members successfully graduated from Army Combat Divers School and are now in phase two at Army Military Free Fall Parachutist School at the Yuma Proving Grounds. The AST program, which is still in the Instruction System Design phase, begins a new class of AST trainees every three months and will eventually conduct four classes at all times with one in each phase. As AST progresses, the classes will grow from four or five to a maximum 24 students in the first three phases and 30 students in the fourth phase.

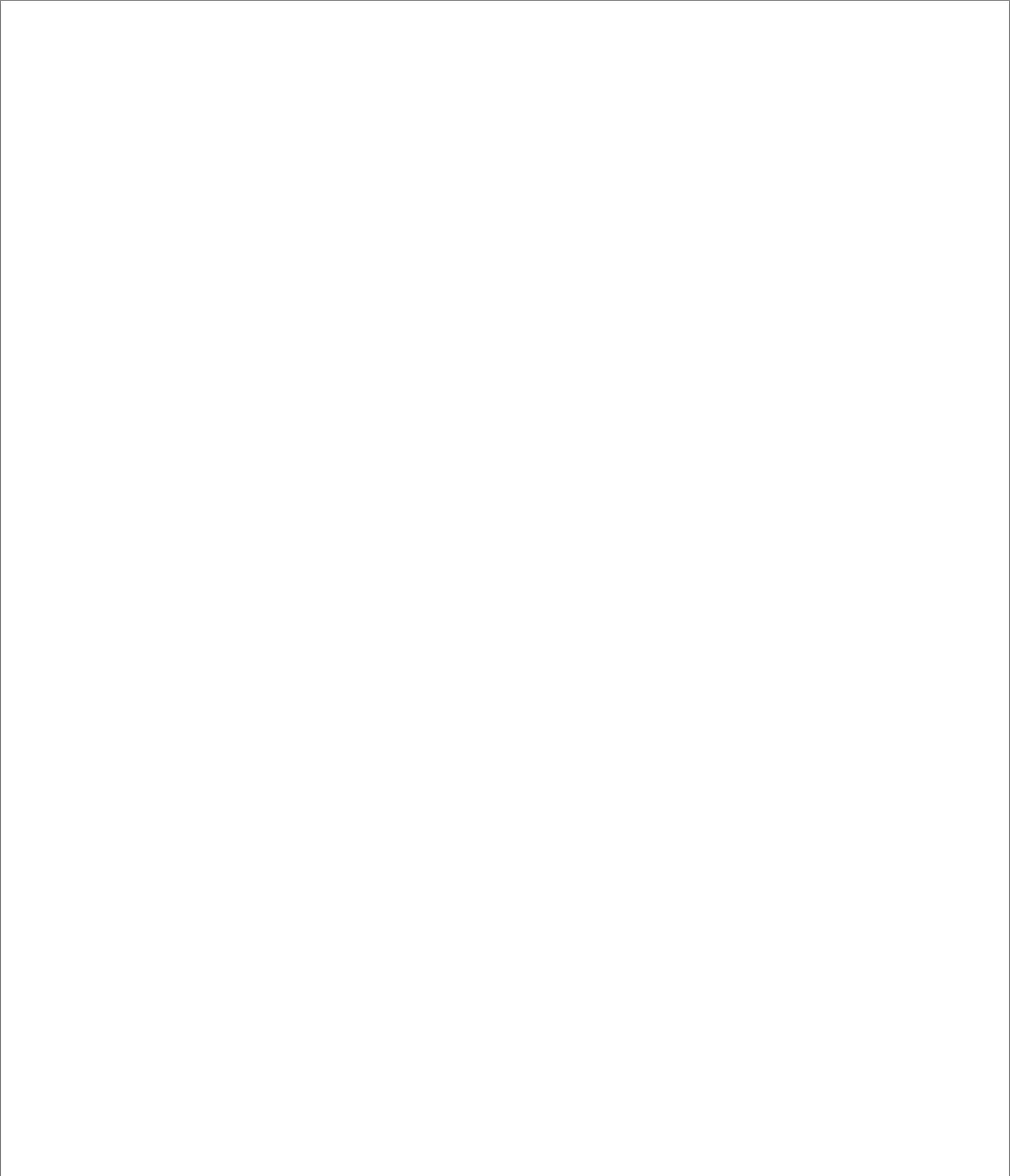
If you are interested in cross training into Combat Control or want more information contact Staff Sgt. Brian Hicks at (850) 884-3346, DSN 579-3346, or e-mail brian.hicks@hurlburt.af.mil.



(above): Airman 1st Class Zachary Wegehoft endures a mask soaking during pre-scuba training.

(right): AST instructors (far left) Tech. Sgt. Mike West and (standing right) Tech. Sgt. Greg Hericks spray trainees with water during deck side training.





LIFESTYLE

Military

Munitions inventory

The 16th Equipment Maintenance Squadron conducts its wall-to-wall inventory Sept. 3 through 14. The munitions flight won't accept any turn-ins or issues during this period unless it's an emergency authorized by the Logistics Group Commander. All requests for issues and turn-ins must be received no later than Tuesday at 1 p.m. For more information, call 884-2006 or 2007.

Freight yard closure

The traffic management office's surface freight yard located at building 90710 is closed until Sept. 14 for resurfacing. Due to the resurfacing there will be no access to the dock doors. People requiring surface freight service will have to enter through the supply side of the warehouse. Questions or concerns can be directed to 884-2585 or 7227.

Commissioning 101

The commissioning 101 and VEAP to GI Bill conversion briefings have been scheduled for Thursday at 9 a.m. and 2 p.m. For more information, call 884-6724.

Community

Spouses call

The 16th Equipment Maintenance Squadron commander holds a spouse's call on Monday from 6:30 to 8 p.m. at the base theater. There will be a guest speaker to provide helpful information. Childcare and refreshments will be provided. For more information, call 884-6499.

Fall cruises

Fall Fantasy rates will be available after Aug. 30 on Disney Cruise Lines. For more information, call Information Tickets and Travel at 581-0469.

Car giveaway

The Air Force Club Ultimate Membership Drive started Wednesday through Nov. 18. Current Hurlburt Field club members not only receive \$5 for each new member they sign up, but are also entered in the drawing to win a car. All new members will be eligible for cars that will be presented to nine lucky people who join any club worldwide. For more information, call 884-6469 or go by J.R. Rockers.

Traffic safety

The Cody Avenue and Independence Road traffic light changes soon to operate as a flashing red 4-way stop during after-hour operations (10 p.m. to 5 a.m.) and whenever the normal red and green switching operation fails. (possibly during electrical storms).

Youth center hours

The covered basketball courts at the youth center are closed to adults during youth center hours of operation.

Adults are welcome to use the facility before or after hours on days when the center is closed. The youth center is open Monday through Thursday 5:30 a.m. to 8 p.m., Friday 5:30 a.m. to 10 p.m., Saturday 1 p.m. to 8 p.m. and closed on Sundays. For more information, call Melanie Pulpaff at 884-3821.

Hispanic heritage committee

Everyone is invited to be a part of the 16th Special Operations Wing Hispanic Heritage Committee. Meetings are every other Tuesday in the military equal opportunity classroom, building 90210, room 244. For more information, call Master Sgt. Bryan Osborne at 884-6844.

Foster parents needed

The Lakeview Center program is looking for dedicated people in Okaloosa and Walton counties to open their homes to children and adults with developmental disabilities and special needs. Foster parents receive free training, extensive professional support and financial compensation. For more information, call 609-1151 extension 36.

Officers' spouses' club

The Hurlburt Field Officers' Spouses' Club hosts its annual activities brunch for both current and new members at 9:30 a.m. Tuesday at The Soundside. Representatives from various base organizations will be present. The cost is \$3 per hour, per child or \$5 per hour for two or more children. To reserve a seat call, Pat Rogers at 678-9375 or Danielle Wolf at 916-0963.

Bob Hope Village flea market

The annual Bob Hope Village Flea Market and Craft Bazaar is Saturday from 8 a.m. to noon. The bazaar is open to the public and vendors are welcome. The location is 30 Holly Ave., Shalimar. For more information, call Becky Brice-Nash at 651-2797.

Ragtime

The arts center at Okaloosa-Walton Community College will hold performances of the Tony Award winning Broadway musical "Ragtime". Performances are Sept. 7 and 8 at 7:30 p.m. Tickets are \$37.50. For tickets, call the arts center box office at 729-6000 from 9 a.m. to 4 p.m. Mondays through Fridays.

Campers for rent

The outdoor recreation center now has 15-foot, pop-up campers that can be towed with most vehicles. Each camper is equipped with heat and air conditioning, 3-burner stove, 12-gallon water tank, an icebox, power and water hookup and has sleeping space for four people. Rental fees are \$20 a day, \$110 a week or \$50 for the weekend. To reserve a camper, call 884-4097 or 6939.

NCOA

Hurlburt Field's Commando Noncommissioned Officer Association Chapter holds its monthly meeting Aug. 25 at 6 p.m. at J.R. Rockers. Each member is requested to attend and bring a friend or another member. For more information or questions, call Tech. Sgt. Bob Love at 884-4995 or retired Chief Master Sgt. John Greer at 939-6659.

Hurlburt Field Chapel (884-7795)



Catholic Masses

Saturday, 5:30 p.m.
Sunday, 7:30 and 10 a.m.
Confessions: Saturday, 4:30 to 5 p.m., or by request.
Youth: 5 p.m. Sunday

Protestant Services

Sunday, 8:45 a.m. (praise & worship),
1:15 a.m. (traditional),
2:30 p.m. (Gospel)

Youth and Single Groups available
Jewish Services (882-2111)

Sabbath services: Friday, 7:30 p.m., Eglin Chapel 1

Havdallah services: next-to-the-last Saturday of each month, 7 p.m., Chapel annex

Muslim Services (882-2111)

Jumuah: Friday, 12:45 p.m.

Qur'an: Saturday, 6 p.m.

At the movies



Prices are \$3 for adults and \$1.50 for children. Movies start at 7 p.m. unless otherwise indicated.

Hurlburt Field (884-7648)

Friday – (PG-13) "Crazy Beautiful," starring Kirsten Dunst and Jay Hernandez – She's an uptown girl who has everything but values nothing. He's a downtown boy with nothing but values. As powerful forces conspire to pull them apart, the young lovers must decide whether to run from their problems or make a stand and try to find common ground.

Saturday – (R) "Baby Boy," starring Tyrese Gibson and Omar Gooding – Twenty year old Jody, streetwise and jobless has fathered two children and still lives with his mother. He can't seem to strike a balance or find direction in his chaotic life. Inevitably, Jody must face his own fears of adulthood if he wants to escape the life of a baby boy.

Sunday – (R) "Memento," starring Guy Pearce and Carrie-Anne Moss – Leonard is plagued by a rare type of short term memory loss that prevents him from remembering things for more than a few minutes, so he keeps notes for himself in the form of snapshot photographs and tattoos. But, he is on a quest to find and kill the man who raped and murdered his wife.

Eglin (882-1066)

Friday and Sunday – (PG-13) "Tomb Raider," starring Angelina Jolie and Jon Voight – Based on the video game, goddess Lara Croft has finally come to life. Lady Lara Croft, a voluptuous English heiress is searching for pieces of a device that can manipulate time. While the villains want it for nefarious means, Lara's motivation is familiar, to see her dead father.

Saturday – (PG-13) "A.I.," starring Haley Joel Osment and William Hurt – Sometime in the future of the 21st century, mankind depends upon computers with artificial intelligence to maintain our way of life. Man has also found new friends in A.I. in the form of robots that are used for a variety of functions. A boy robot is on an emotional journey toward becoming something more.

(Editor's note: Movies are subject to change. Telephone numbers are provided for patrons to confirm scheduled play dates.)

LIFESTYLE

Community

Bingo

Navarre High School Football Boosters hosts a Cow Paddy Bingo Sept. 14 at the Bennett C. Russell Stadium, Navarre. Tickets are available through Sept. 13 for \$100 donation per ticket. Grand prize is \$5,000. There will be five cash giveaways of \$100. For more information, call Mike Metcalf at 939-7700, Teresa Willoughby at 939-1570 or George Schwartz at 939-2234.

Summer tickets

Tickets are available at the Hurlburt Field Information Tickets and Travel office for Big Kahunas, Six flags over Georgia, Jazzland, Blackwater Canoeing, Shipwreck Island at Panama City or Dollywood Tennessee. For more information, call ITT at 884-7848.

Crisis line

The Crisis Line Bridgeway Center Incorporated seeks volunteers for their crisis hotline. Volunteers will receive 28 hours of training by mental health professionals. To volunteer and register for training classes, call the crisis line at 244-9191 in Ft. Walton, 682-0101 in Crestview, or the crisis line office at 833-9204.

Job fair

The Okaloosa-Walton Community College hosts the Panhandle Job Fair Sept. 13 from 10 a.m. to 3 p.m. at OWCC in Niceville.

Orchestra

The Okaloosa-Walton Youth Philharmonic Orchestra will audition string players for their 2001-2002 season on Aug. 26 at The Arts Center at Okaloosa-Walton Community College. Auditions will be from 2 to 4 p.m. in the music wing, room 304. For more information, call the Fine Arts office at 729-5382.

Baby tigers

The Gulf Breeze Zoo features animal encounters with new baby

tigers and other animals including orangutans, lemurs and otters every Thursday in August. The Zoo remains open from 5 to 7 p.m. for this event. For more information, call 932-2229.

Classes

USAF Special Ops

For more information on Special Operations School Courses, call 884-4731 or check the Web site hurlburt.af.mil/usafsos.

Special Operations Forces Senior Enlisted Course

Introduction to Special Operations Course

Joint Special Operations Planning Workshop

Joint Psychological Operations Course

Commander's Responsibilities Course, Force Protection Level III

Scrapbook class

The skills development center offers two beginner scrapbook classes. The first class is Aug. 28 and teaches the basics. The second class offered Aug. 30 teaches how to accent or decorate with colored papers and ribbons. Both classes are from 5:30 to 7:30 p.m. Cost is \$10 for each class. For more information, call 884-6941 or 581-9618.

FSC

For more information on family support center classes, call 884-5441.

Sponsorship Training – Monday, at 1 p.m.

Transition Assistance Program Seminar – Tuesday through Thursday, from 7:30 a.m. to 4:30 p.m. Reservations are required, call 884-6281.

Moms, Pops and Tots – Tuesday for ages birth to 2 and Wednesday for ages 2 to 4, at 10 a.m.

Readiness – Thursday, at 9 a.m.

Art class

Drawing class for children 7 to 12 is offered Mondays from 4 to 5:30 p.m. at the Art Center, Fort Walton Beach. To register, call Abby Brown at 864-2228.

Sports

Golf tournament

The first Silent Shield Golf tournament in memory of John E. Ray will be Sept. 14 at 7:30 a.m. at Gator Lakes Golf Club. Cost is \$30 and includes green fees, cart and range balls. Prizes for 1st, 2nd, 3rd and last places will be awarded. Entry deadline is Sept. 12. For more information, call Jim Gober at 884-2193 or Dave Helman at 884-4143.

Tryouts for the women's professional football league are Saturday and Sunday at 10 a.m. at the Bill Gregory Softball Complex, W. Street and Navy Boulevard, behind National Linen Service.

Cost is \$35 and participants must provide a valid drivers' license, proof of health insurance or sign a waiver and be at least 18. For more information, call Maj. Tim Smart at 884-4030 or 934-7690.

Heritage golf

The Hurlburt Field Hispanic Heritage Committee sponsors a golf tournament Aug. 24 at 8:30 a.m. at Gator Lakes Golf Club. Cost is \$30 a person and includes green fees, cart and range balls. Sign ups are due no later than Tuesday. For more information, call Chief Master Sgt. Theodore Rivera at 884-2348 or Chief Master Sgt. Carlos Felix at 884-5241.

Scuba diving

The Hurlburt Field Dive Club offers basic open water certification Aug. 26 through Sept. 8., rescue certification Sept. 2 through 8 and scuba equipment user maintenance Sept. 9. To sign up, go by outdoor recreation or the Hurlburt Field Dive Club on Mondays or Fridays between 5 and 6:30 p.m. For more information, call 884-6939.

Bowling league

If interested in bowling leagues, a letter of intent is due to Hurlburt Lanes today. For more information, call 884-6355.

SPORTS



Base members Get FITT for new fitness standards



Photos by Staff Sgt. Diane Thomas

(top left): Henry Allen, 16th Component Repair Squadron does a sit up while Isaac Smith, 16th CRS stabilizes his feet.

(top right): Martin Bradley, 16th Services Squadron demonstrates a push up during the floor exercises.

(above): Isaac Smith, 16th CRS performs a crunch in another portion of the Get FITT class.

by 2nd Lt. Kristin Haley
Public Affairs

The main fitness center held its first Get FITT Functional Integrative Torso Training class, Aug. 8 from 12:30 to 1 p.m. to prepare airmen for the new Air Force fitness standards.

The class is held every Monday and Wednesday under the auspices of the 16th Services Squadron.

The class consists of a five-minute warm-up, followed by 20 minutes of floor exercises and finally five minutes of stretching to end the class.

"We hope this class gives people a jumpstart on improving their strength," said Cindy Casteal, coordinator for the main fitness center's aerobic program. The program focuses on developing a strong core by strengthening the muscles of the abdomen, back and chest. Get FITT participants actually practice exercises in the new fitness test.

"The classes mainly focus on areas of the body used for the new fitness

standards," Casteal added.

"I hope this program changes people's attitude toward exercising and they continue it as a way of life, plus they'll pass the new fitness standards with flying colors," said Curtis Woodson, class strength training instructor. The class "is about quality, not quantity." Woodson wants to focus on doing the exercises correctly and then progressing from there.

"I wanted to get some guidance and do the exercises right" said Isaac Smith, 16th Component Repair Squadron electronic warfare technician. Smith really liked the class and plans to tell people in his shop about it. "I hope to strengthen my muscles and get my abdominals back in shape," he said.

The class is open for everyone according to Casteal. "We want to go a step above and make sure people are prepared for the new Air Force fitness standards," said Alisa Owens, fitness program manager. For more information and questions on the new Get FITT class, call 884-6884.